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Death from Exercise.

Medical and Surgical Reporter.] The cow eats the grass and lies down shew her end: the man bolts his dinand rushes to his business. The ow usually lives her allotted time, less carried off by some acute contaus or infectious disease; the man martyr, first to dyspepsia, secondarily to some disease of malunion, and dies very prematurely. In The lancet is reported a case of a

realthy boy (belonging to a robust, healthy family), who had never suffered from rheumatism, scarlet fever, or in-deed from any disease save chicken-pox, the died suddenly under the saddest reumstances, because his death was e thoroughly preventible. After coming home from school one day he ate a hearty dinner and immediately commenced to play cricket. Finding the time drawing near for the afternoon ession, he ran to school, a quarter of a mile, and as he entered the yard fell unconscious to the ground. In a very few minutes he was dead, not withstanding the faithful and persistent practice of articial respiration. At the post mortem all the organs were found healthy, but the stomach was found full the colon distended with flatus, and the sigmoid flexure loaded with es. It may be mentioned that slight evidence of a recent latent pericarditis

Here clearly was a death due to exereise, the loaded stomach and bowels being the needed exciting causes. We have ere this sounded the warning against violent e ercises; iron muscles generally indicate a hypertrophied heart; he athlete is not destined to become a ing-lived, respectable and useful citien the slugger is all right in his place, and is a popular beast, but he is doomed to an early dissolution. It may be accepted as a general traism that any nature or amount of exercise that will ause the heart to jump against the hest wall is exercise carried to an ex-

Dickens and Mark Lemon. Jumph Hatto i's London Letter.]

essive and alarming extent.

It is erroneously supposed that the ste Charles Diecens wrote regularly for funch. There is among Mark Lemon's papers an article signed Charles Dickens, on the outside of which is written, "My sole contribution to Punch." The idea that lickens was on the staff of Punch originated, no doubt, through the intimacy which so long existed between the two men. Scarcely a day passed at one period of their lives without they met each other at their own houses. They frequently spent evenings at home together or at some place of public amusement. They generally devoted one or two evenings in the week o what Mark called a London ramble, which was fre uently an excursion to the East End, picking up "character" at minor theatres, circuses, and other places of resort in the wildest districts of the wildest parts of the metropolis. Charles Dickens, Clarkson Stansfield,

painter, and Mark Lemon often made excursions of this kind in company, conversing with any persons they might care to know, and thus gaining a fund of information which was afterward profitably employed. Many passages in Dickens' works, considered farfetched and overdrawn, may be traced to scenes in real life witnessed during these London rambles. It was Lemon who planned the excursions, as is shown Diekens' letters. When Diekens lived at Taylstock house, Lemon lived close by in Cordon square; and notes, letters and reminders of appointments were continually passing from one house to the other. In later days, owing to Dickens' business severance from Bradbury & Evans, and certain family troubles, a coolness rose between | LUNCH, A SMOKE, OR A GAME OF Lemon and his illustrious neighbor; but there was a revival of something like the old friendship a year or two prior to Dickens' death.

Mex can S ver Noney.

D treit Free Prest San Francisco, it is believed, is the only city in the United States in which the exchange of Mexican dollars is exextensively conducted, and is one of the only two cities in the world where the business is largely transacted—the other being London. The Mexican dollar is an ugly, ill-stamped, badly-milled silver disk of 414 grains, but it has been accepted as the standard coin of China for nearly thirty years and has steadily grown in use and favor, notwithstanding the amusing episode of the trade dollar, with its 420 grains and English die-sinker.

More Partie dar. Brain-workers are becoming more and more particular about the food they eat, no doubt convinced of an affinity between mind and stomach.

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